

Give me

5

a day!



This book belongs to:

Give me 5 a day!

by

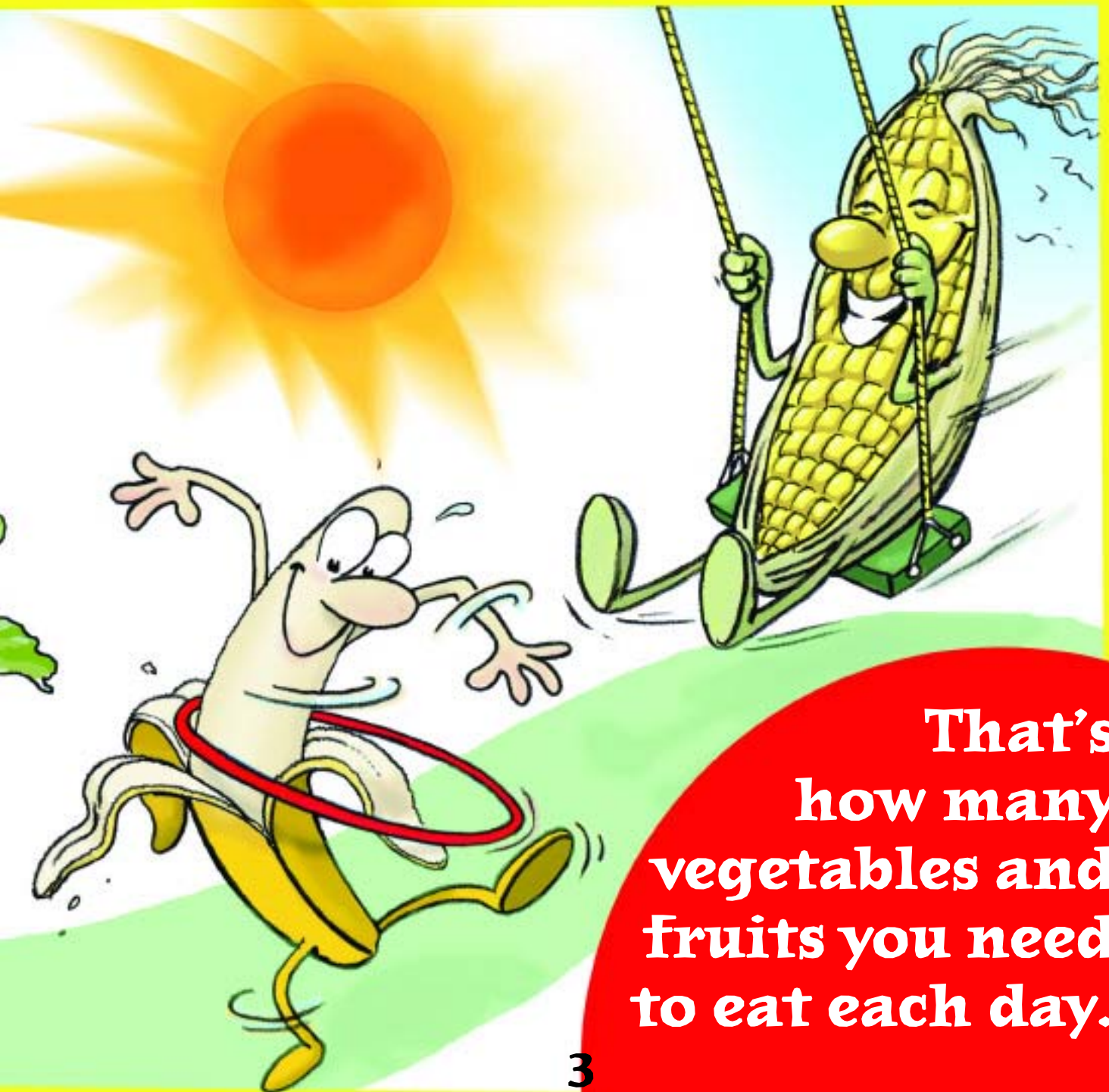
**Kathy Reeves, M.S., R.D., Brenda Crosby, R.D.,
Jennifer Hemphill, M. Elizabeth Hoffman, M.A.**

illustrated by

Bill Celandor

**Give me 5!
Give me 5!
Give me 5 a day!**



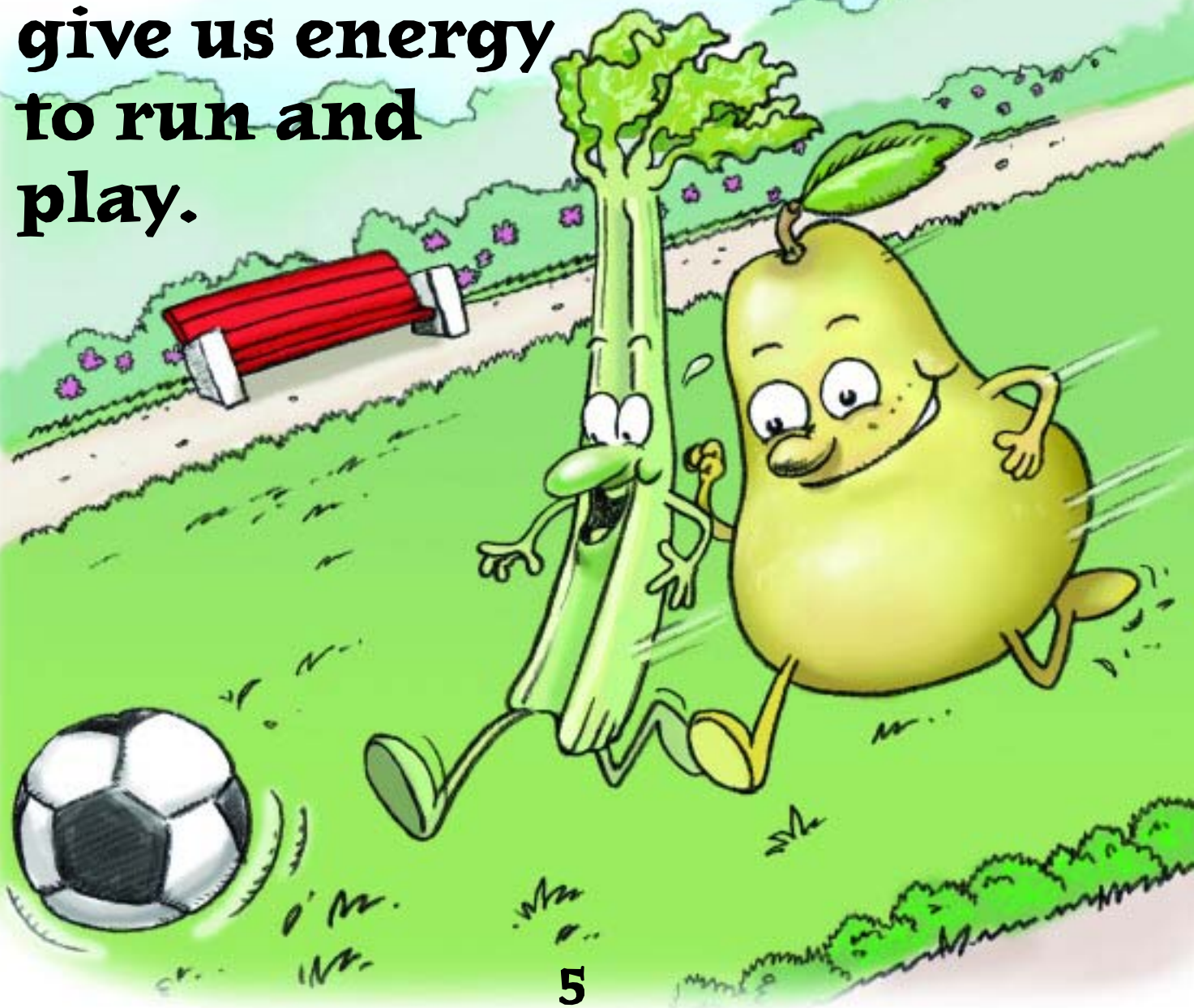


**That's
how many
vegetables and
fruits you need
to eat each day.**



**Vegetables and fruits
keep our families healthy.**

**Vegetables and fruits
give us energy
to run and
play.**



**Give me 5! Give me 5!
Give me 5 a day!**

**That's how many
vegetables and fruits you
need to eat each day.**





Let's count to 5!



1



2



3

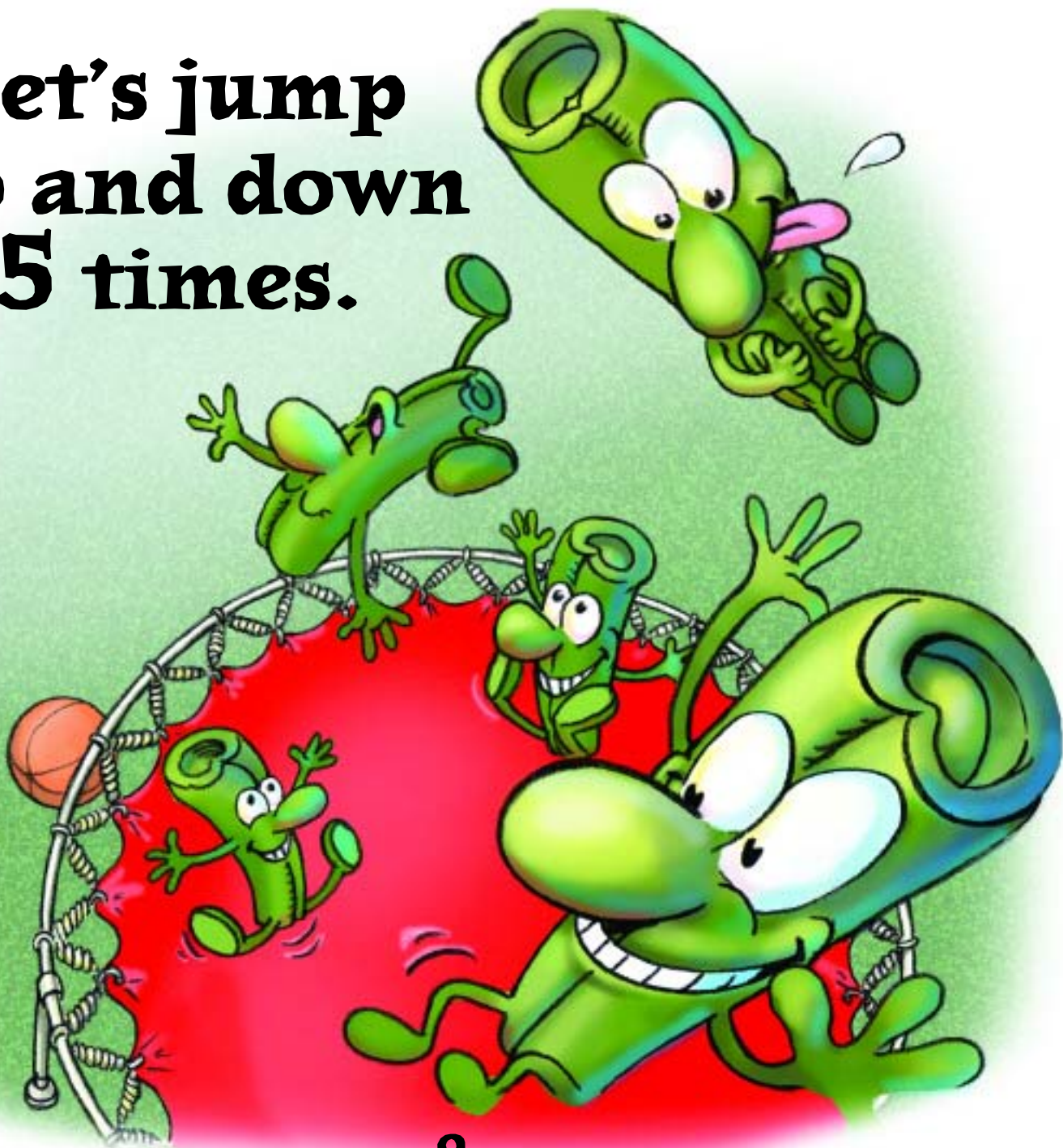


4



5

**Let's jump
up and down
5 times.**



**Let's turn around
5 times.**

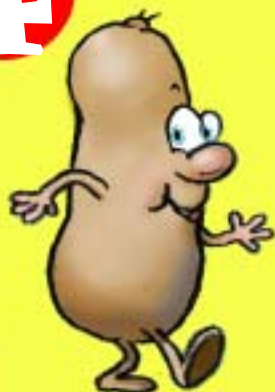
5



1



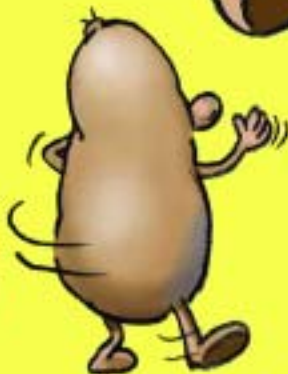
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2

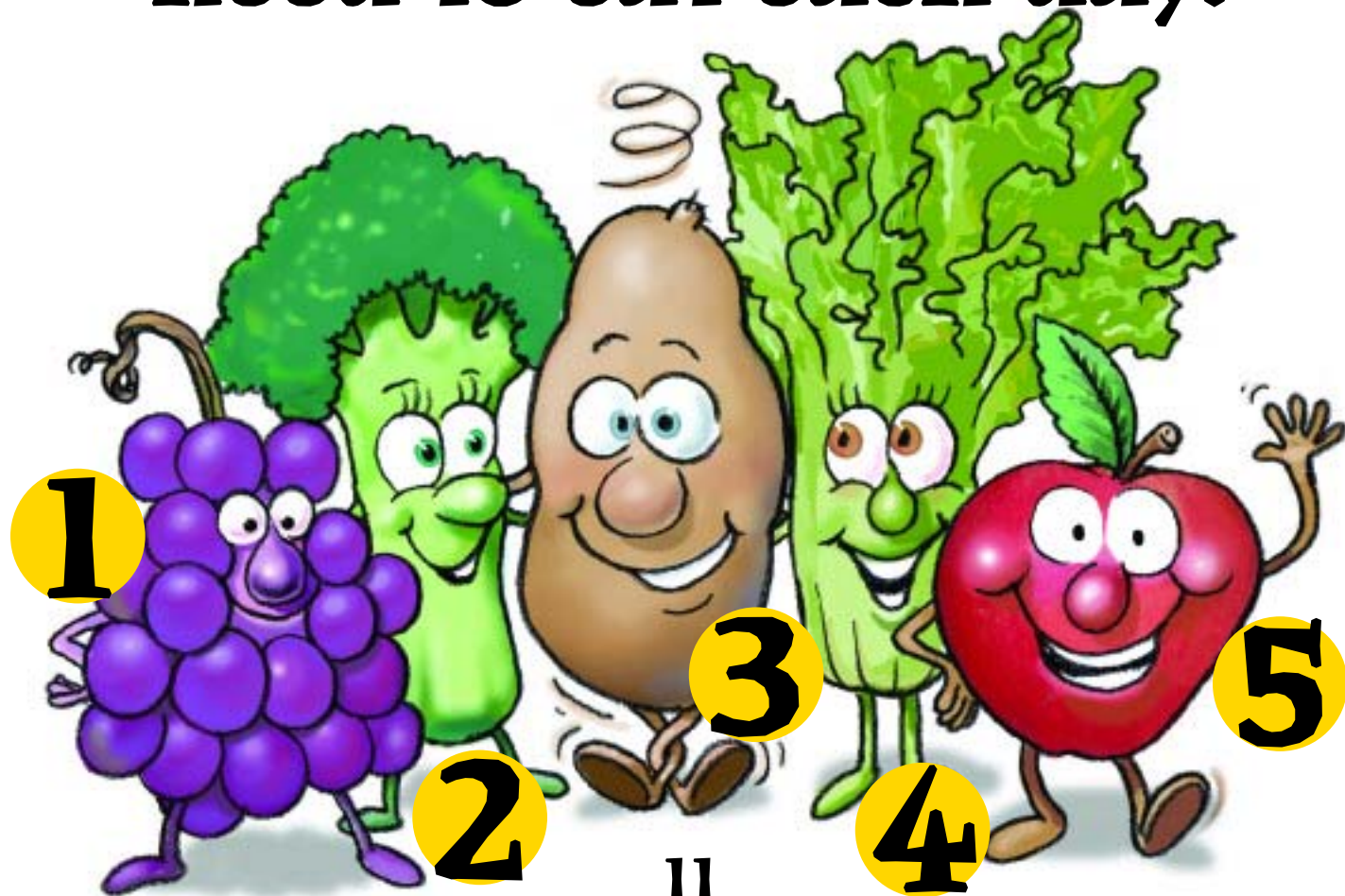


3

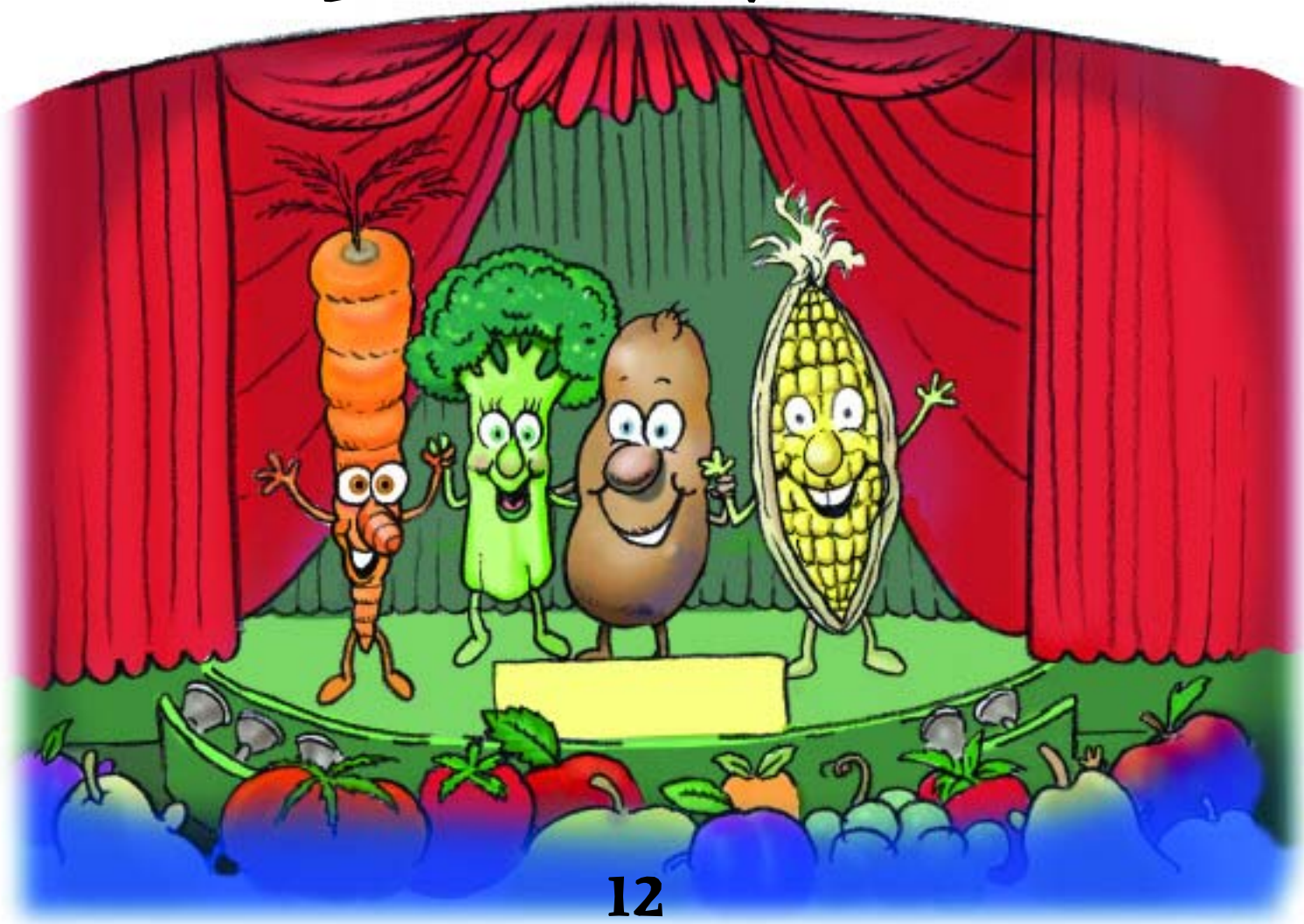


5...5...5...

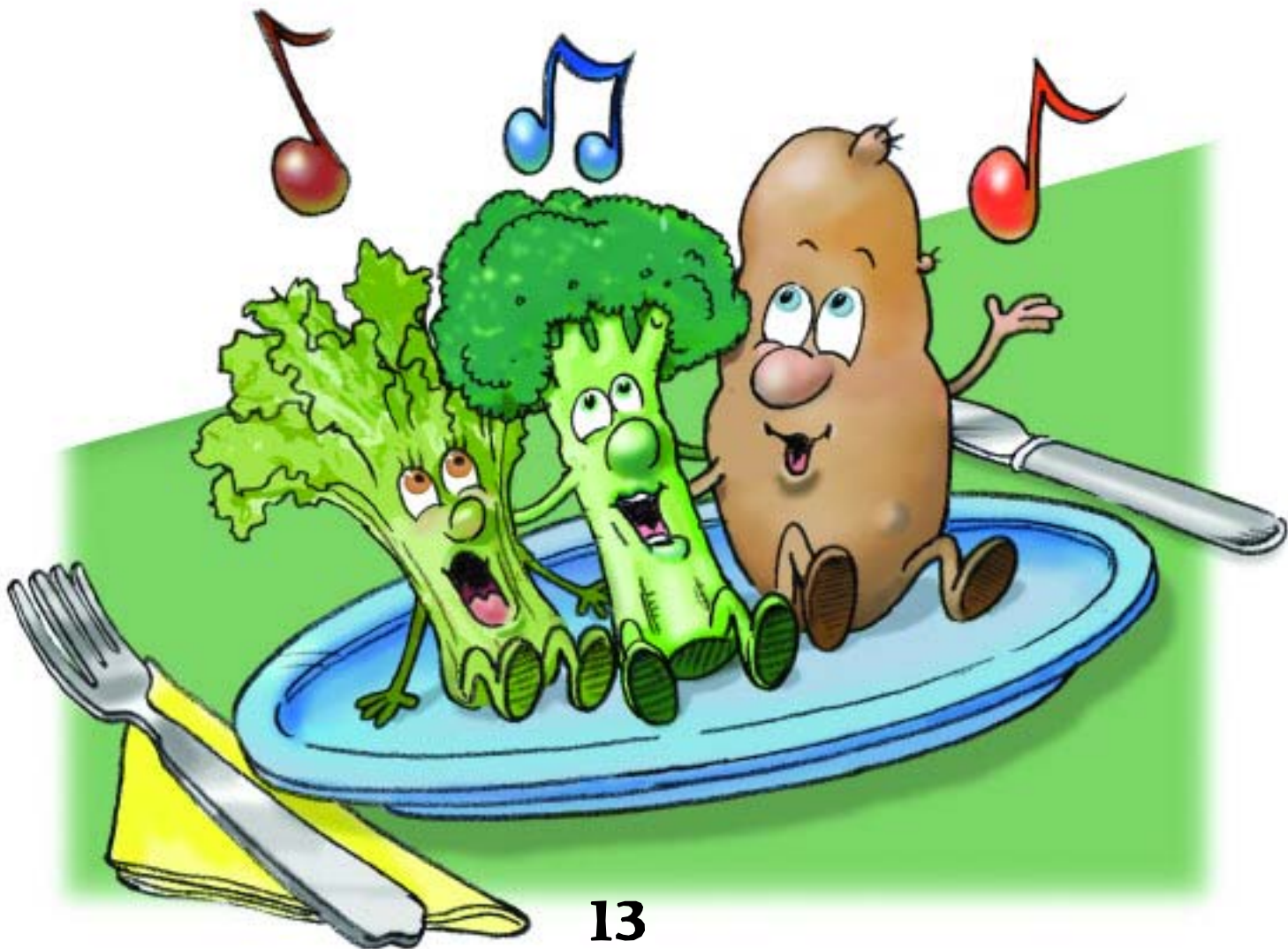
**That's how many
vegetables and fruits you
need to eat each day.**



What is a vegetable?
Carrots, broccoli, potatoes and
corn just to name a few.
What vegetables do you like to eat?



**You need to eat at least 3
vegetables each day.**

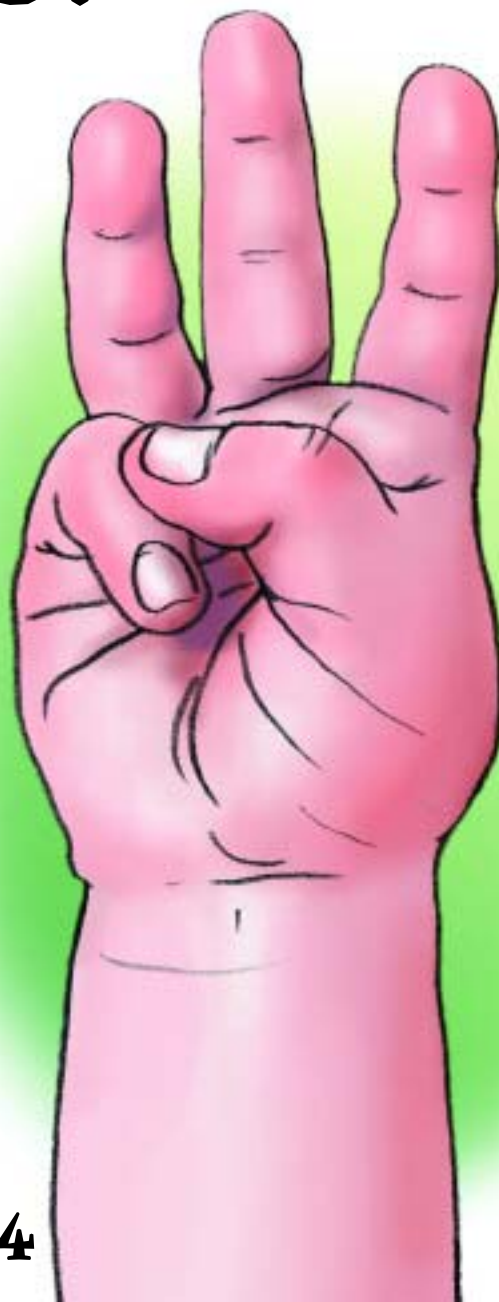


Let's count to 3!

1 vegetable

2 vegetables

3 vegetables

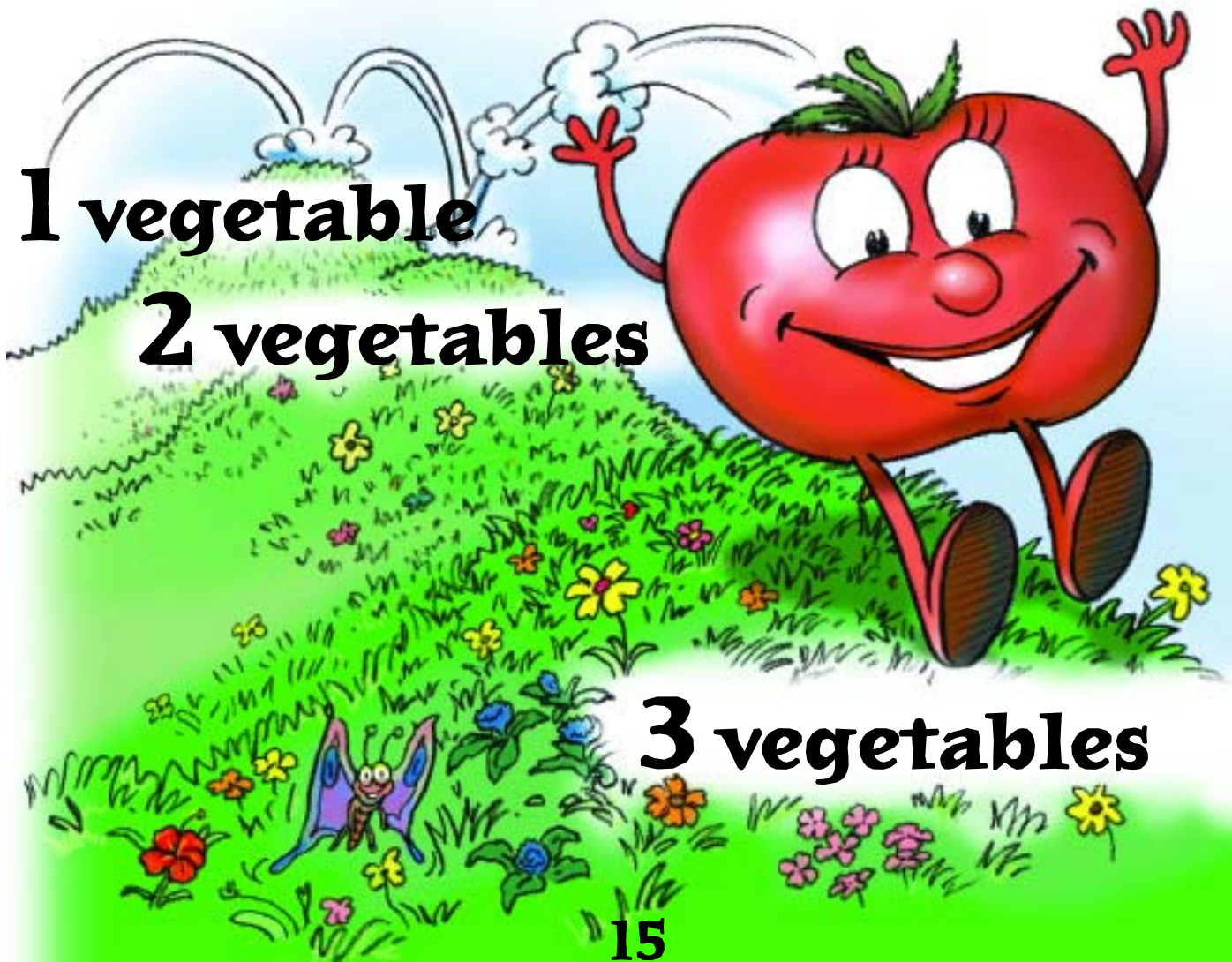


**Let's jump up and down
3 times.**

1 vegetable

2 vegetables

3 vegetables



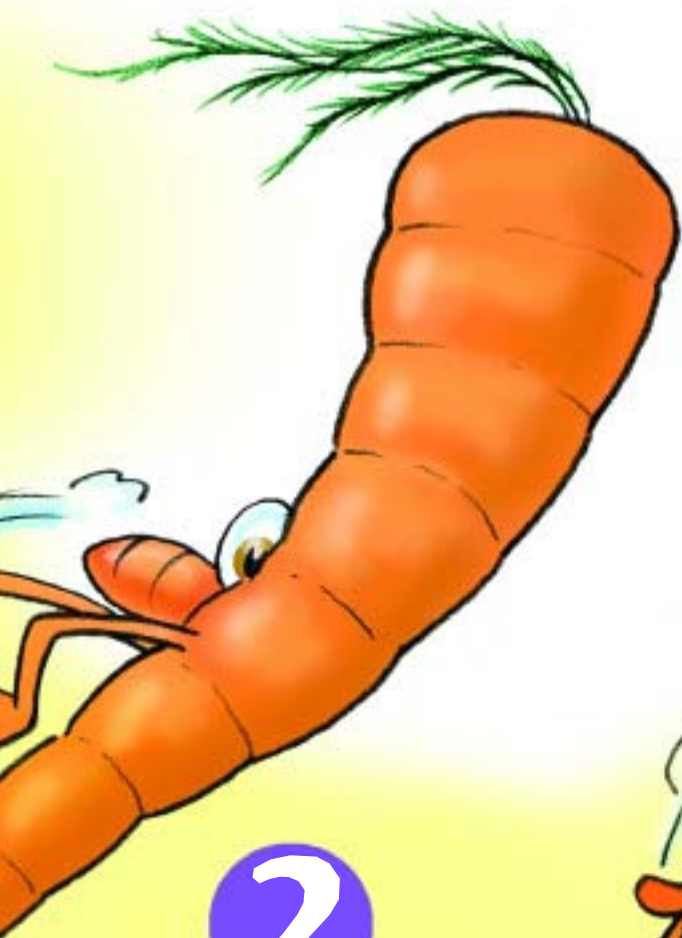
**Let's turn around
3 times.**

1 vegetable

2 vegetables

3 vegetables

1



2




3

What is a fruit?

**Bananas, grapes, strawberries
and oranges just to name a few.**

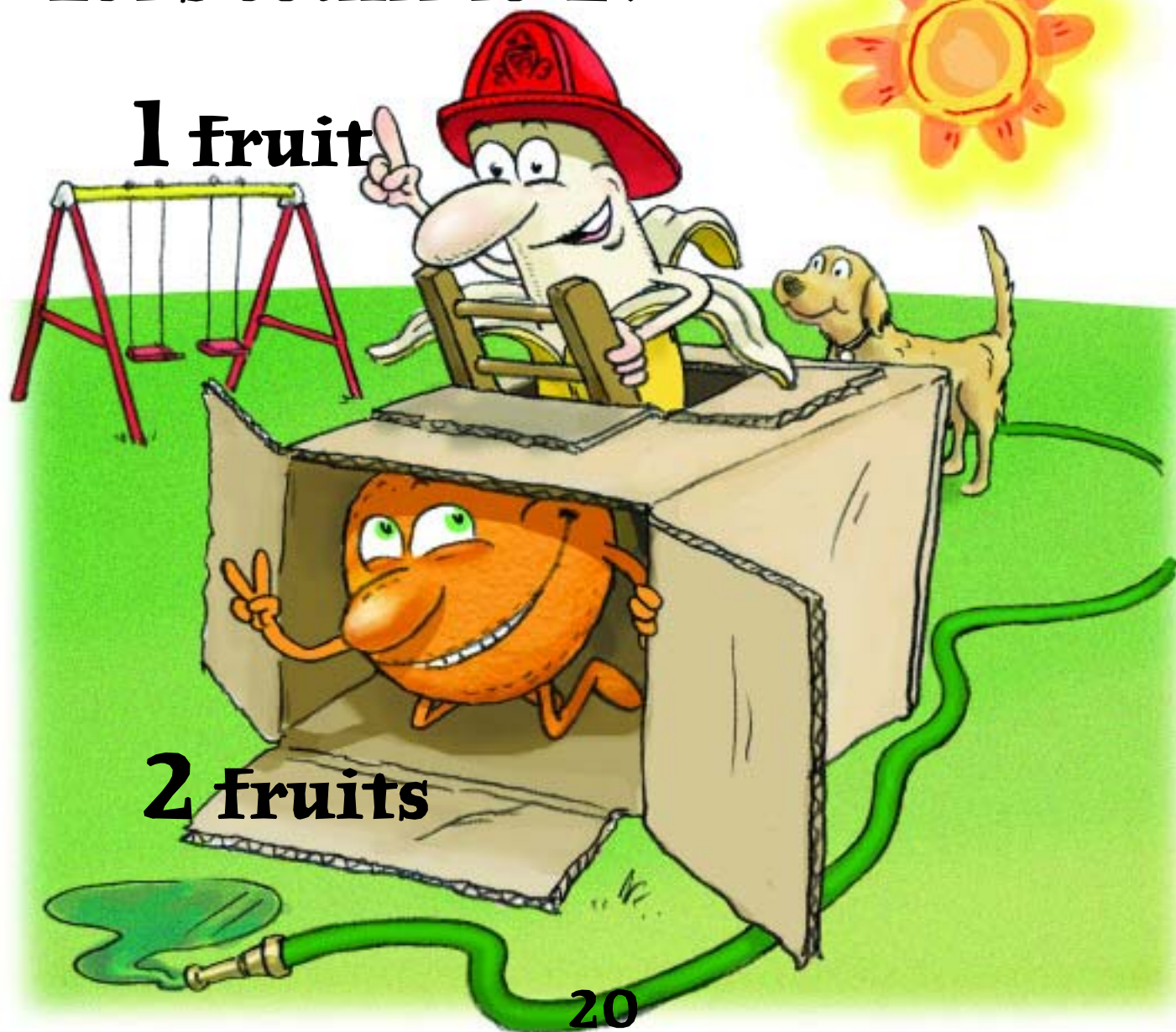


A cartoon orange character with a large magnifying glass. The orange is anthropomorphic, with a large head, wide eyes, a prominent nose, and a smiling mouth showing teeth. It is holding a magnifying glass with a blue handle and a yellow, fuzzy pom-pom at the end. The magnifying glass is positioned over a large, empty, light-yellow circle. The background is a solid red color.

**You need to
eat at least
2 fruits each
day. What
fruits do you
like to eat?**

Let's count to 2!

1 fruit

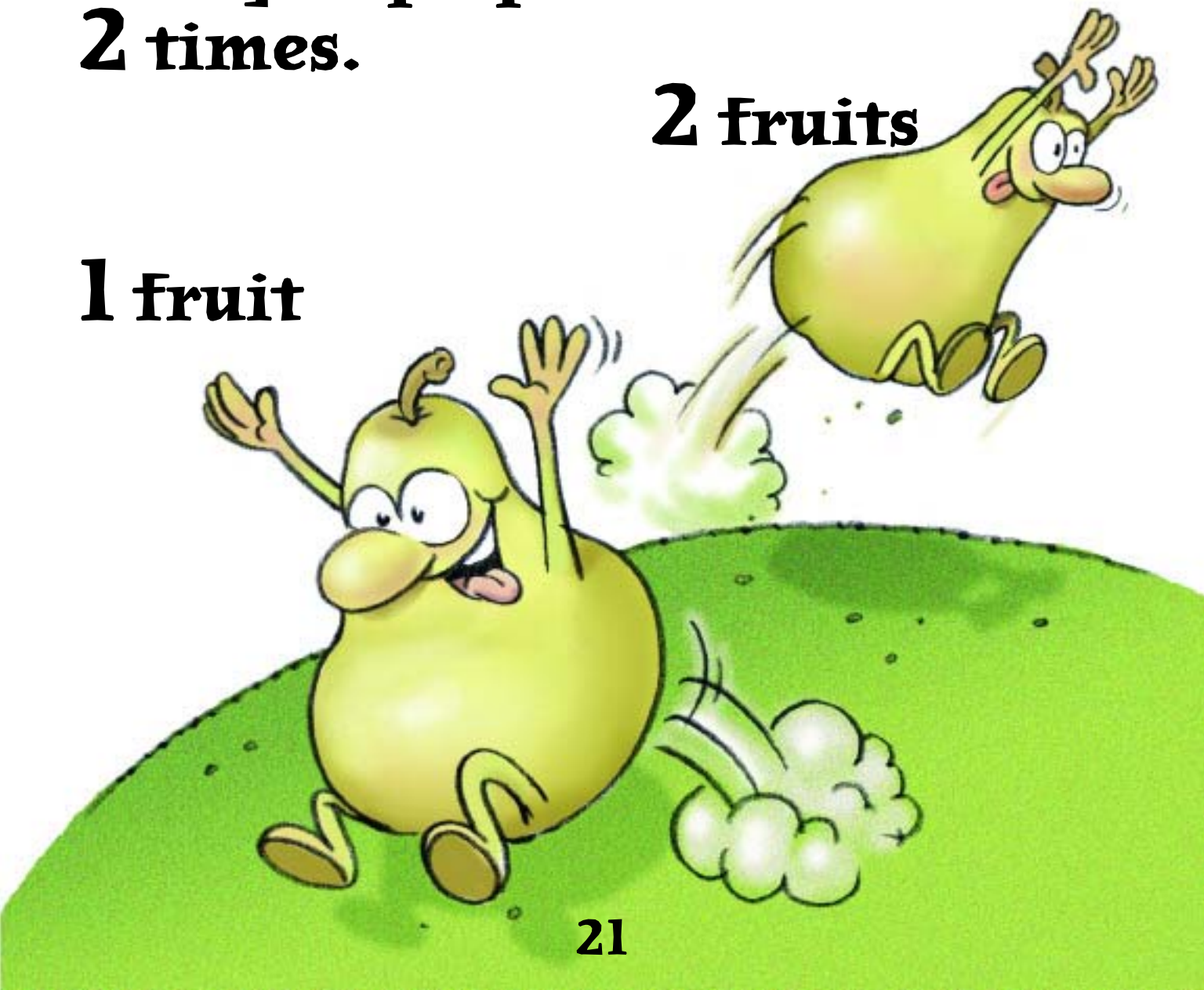


2 fruits

**Let's jump up and down
2 times.**

2 fruits

1 fruit



Let's turn around 2 times.



1 fruit

1

2 fruits



2

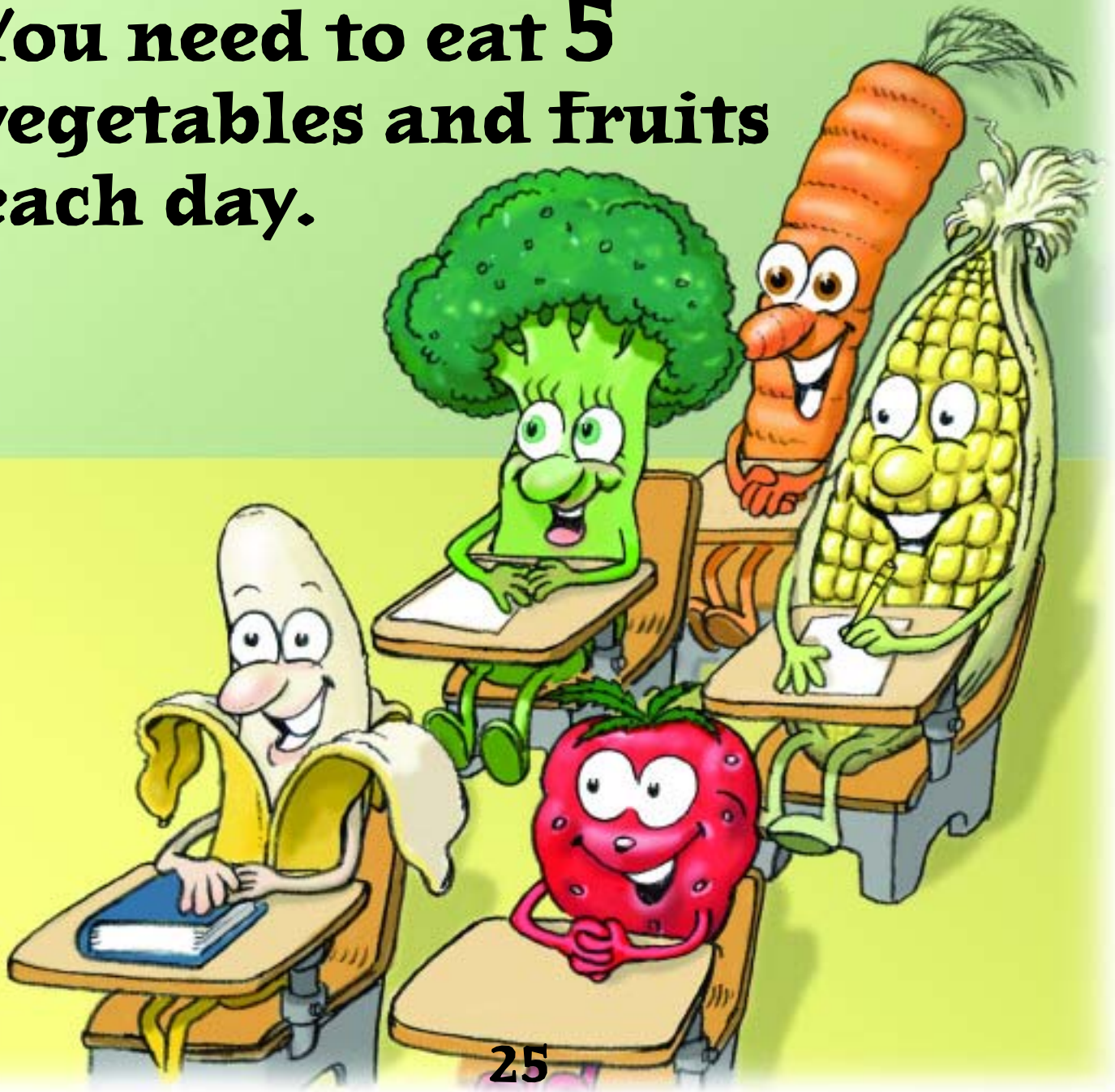
When you add it all
together you have:

3 vegetables
+ 2 fruits

5 a day



**You need to eat 5
vegetables and fruits
each day.**



**Give me 5!
Give me 5!
Give me 5 a day!**







Florida Department of Health

Bureau of Child Nutrition Programs

Bureau of WIC and Nutrition Services

These institutions are equal opportunity providers.

For more information visit our website, www.doh.state.fl.us



read for health

Florida Department of Health